

ALCOHOL ABUSE

Many of us tend to postpone accepting or even deny that drinking is becoming a problem for us or for those close to us. Problem drinking usually arises from problems we have in handling stress in our daily lives.

*Alcoholics Anonymous (<http://www.aa.org/>)

*Recognizing & Confronting Alcohol Abuse (SUNY Buffalo)(<http://ub-counseling.buffalo.edu/alcohol.shtml>)

*National Institute on Drug Use (<http://www.nida.nih.gov/>)

MARIJUANA ABUSE

The most widespread and frequently used illicit drug, marijuana is associated with the following consequences:

- *Short-term memory loss
- *Accelerated heartbeat
- *Increased blood pressure
- *Difficulty with concentrating and information processing
- *Lapses in judgment
- *Problems with perception and motor skills

In addition, years of marijuana use can lead to a loss of ambition and an inability to carry out long-term plans or to function effectively.

*Two Edged Sword - Facts About Marijuana Use (U Wisconsin)(<http://www.uwec.edu/counsel/pubs/marijuana.htm>)

*National Institute of Drug Abuse(<http://www.nida.nih.gov/Infofacts/marijuana.html>)

*What Americans Need to Know About Marijuana Abuse(http://www.whitehousedrugpolicy.gov/publications/amer_know_marij/)

*Marijuana Anonymous (<http://www.marijuana-anonymous.org/>)

BARBITURATE & COCAINE ABUSE

These drugs are so addictive because they activate many regions of the brain particularly the regions that are responsible for producing both the pleasurable sensation of "reward" and physical dependence. Together, these actions account for the user's loss of control and the drug's habit-forming action.

*Cocaine & Crack (<http://www.nida.nih.gov/Infofacts/cocaine.html>)

*Heroin Information for Adolescents (<http://ncadi.samhsa.gov/govpubs/rpo928/>)

PRESCRIPTION DRUGS

Prescription drugs make complex surgery possible, relieve pain formillions of people, and enable many individuals with chronic medicalconditions to control their symptoms and lead productive lives. Mostpeople who take prescription medications use them responsibly.However, the non-medical use of prescription drugs is a seriouspublic health concern. Nonmedical use of prescription drugs likeopioids, central nervous system (CNS) depressants, and stimulants canlead to abuse and addiction, characterized by compulsive drug seekingand use.

***Facts About Prescription Drug**

Abuse(<https://ncadistore.samhsa.gov/catalog/facts.aspx?topic=7>)

***OxyContin**

Abuse(http://www.deadiversion.usdoj.gov/drugs_concern/oxycodone/oxy_oct2003.pdf)

***Commonly Abused**

Drugs(<http://www.nida.nih.gov/DrugPages/DrugsofAbuse.html>)

***NCAA Banned Drug**

List(http://www1.ncaa.org/membership/ed_outreach/health-safety/drug_testing/index)

***Steroids** (<http://www.nida.nih.gov/Infofacts/Steroids.html>)

***Ritalin Abuse on College**

Campuses(<http://www.higheredcenter.org/pubs/factsheets/ritalin.html>)

DESIGNER OR "CLUB" DRUGS

Club drugs are being used by young adults at all-night dance parties such as "raves" or "trances," dance clubs, and bars. MDMA (Ecstasy), GHB, Rohypnol, ketamine, methamphetamine, and LSD are some of the club or party drugs gaining popularity. NIDA-supported research has shown that use of club drugs can cause serious health problems and, in some cases, even death. Used in combination with alcohol, these drugs can be even more dangerous. No club drug is benign.

***Information on Club Drugs** (<http://www.clubdrugs.org/>)

***Truth About Inhalants**

(<http://www.nida.nih.gov/PDF/Infofacts/Inhalants04.pdf>)

***Ecstasy** (<http://www.drugabuse.gov/Infofacts/ecstasy.html>)

***LSD / Acid** (<http://www.drugabuse.gov/Infofacts/LSD.html>)

NICOTINE ABUSE / SMOKING CESSATION

Nicotine is highly addictive. Nicotine provides an almost immediate “kick” because it causes a discharge of epinephrine from the adrenal cortex. This stimulates the central nervous system, and other endocrine glands, which causes a sudden release of glucose. Stimulation is then followed by depression and fatigue, leading the abuser to seek more nicotine.

*Smoking Cessation for College

Students (<http://www.uwec.edu/counsel/pubs/quitSmoking.htm>)

*Complete Guide for Quitting

Smoking (http://www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Quitting_Smoking.asp)

*Nicotine Abuse

(<http://www.drugabuse.gov/Infofacts/Tobacco.html>)

HOTLINES

*Alcoholics Anonymous (AA) Hotline 919.783.6144

*Mental Health & Substance Abuse Emergencies 919.250.3133

*Drug Helpline 1.800.662.4357

*Narcotics Anonymous (NA) Hotline 919.755.5391

*Hopeline 24 Hour Crisis 919.231.4525

*Teen Talkline 919.231.3626

*Sexual Assault/Rape Crisis Line 919.828.3005

SELF-HELP GROUPS

*Adult Children of Alcoholics (<http://www.adultchildren.org/>)

*Moderation Management (<http://www.moderation.org/>)

*Al-Anon/Alateen (<http://www.alanonwakenc.org/>)

*Narcotics Anonymous (<http://na.org/>)

*Alcoholics Anonymous (AA) (<http://www.alcoholics-anonymous.org/>)

*Smart Recovery (<http://www.smartrecovery.org/>)